

# PASTURE AND PLENTY

APRIL 3, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We have a GREAT line-up of meals that we're excited to share with you! Look for: sopas (little oven-fried masa cakes) topped with mushrooms and sweet potato with a tangy slaw; classic tomato basil soup and grilled cheese sammies; and takeout-style kung pao tofu with stir-fried peppers and celery, roasted peanuts, and a sweet, sour, and savory sauce! And, for a little taste of Spring, we're throwing in carrot cake cupcakes, too. Does that sound good or what?



**roasted local mushroom & sweet potato sope kit with green cabbage slaw**



**tomato basil soup with grilled cheese and sweet pepper relish**



**kung pao tofu with brown rice**



### PRODUCER SPOTLIGHT

*We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:*

Marr's Valley View Farm

La Cosecha

Vitruvian Farms

Happy Valley Farm

Winterfell Acres

Elderberry Hill Farm

Madison Sourdough Co.

Kindred Creamery

Hook's Creamery

Saffi Saana

EXTRA GOODNESS

### carrot cupcakes and cream cheese frosting

Instructions: Keep cupcakes and frosting refrigerated. Bring both cupcakes and frosting to room temperature before frosting your cupcake. Enjoy within 5 days!

Ingredients: Cupcakes (ap flour, brown sugar, carrots, sunflower oil, sugar, applesauce, eggs, vanilla extract, baking powder, baking soda, salt, cinnamon, ginger, nutmeg, clove), frosting (cream cheese, butter, powdered sugar, vanilla extract)

Contains: *Wheat, egg, milk, cinnamon/nutmeg*

#### WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

#### SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

# roasted local mushroom & sweet potato sope kit with green cabbage slaw

PREP &  
COOK TIME

30  
MINUTES

IN YOUR BAG

Sope Dough

Roasted Local  
Mushroom &  
Sweet Potato  
Filling

Queso Fresco

Roasted Tomato  
Guajillo Salsa

Green Cabbage  
Slaw

PAIR WITH

the spicy and  
fruit-forward  
Zillamina  
Spanish Red  
Wine (serve  
slightly chilled)  
or  
the slightly  
bitter and cit-  
rusy Bold Font  
All Caps Hazy  
IPA from Work-

- 1 Preheat the oven to 400°F.
- 2 To make the sopes, divide the dough into 1 1/2" to 2" balls (about the size of a golf ball). Keep covered to prevent drying, then roll or press out each one until it's approximately a 4" wide circle, 1/4" to 1/2" thick. To keep the balls from sticking, press out in between two small pieces of wax paper or plastic wrap. Place formed sopes on a parchment paper-lined baking sheet, coating each one with a little olive oil. Bake until golden brown, about 12 minutes, flipping halfway through.
- 3 While the sopes are baking, heat a skillet over medium-low heat. Add a tablespoon or two of olive oil and, once hot, add mushroom and sweet potato filling to pan and cook until heated through, about 5 minutes.
- 4 To serve, pile mushroom and sweet potato filling on top of each sope, then top with salsa and queso fresco. Serve sopes immediately, with slaw on the side. Enjoy!

**Sope Dough:** Masa harina, water, olive oil, water, salt, baking powder  
**Roasted Local Mushroom & Sweet Potato Filling:** Sweet potato, oyster mushroom, onion, garlic, cumin, coriander, paprika, cilantro, salt, pepper  
**Queso Fresco:** Pasteurized milk, salt, enzymes  
**Roasted Tomato Guajillo Salsa:** Tomato, guajillo, water, salt, apple cider vinegar, garlic, shallot, jalapeño  
**Green Cabbage Slaw:** Green cabbage, scallion, cilantro, salt, sugar, lime

*Contains: Wheat, milk, mushroom*

② READY-TO-EAT

# tomato basil soup with grilled cheese and sweet pepper relish

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Spread relish (as desired) on one side of each bread slice, add munster and gouda slices on top of relish and close sandwich with the relish and cheese in the middle.

Heat a skillet over medium heat; melt butter in pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, garnish with any extra relish and dinner is on!

**Tomato Basil Soup:** Tomato, vegetable stock, onion, celery, carrot, fennel, leek, garlic, red wine vinegar, olive oil, basil, salt, pepper  
**Grilled Cheese:** MSCo bread (flour, water, salt, rosemary), muenster (milk, culture, salt, enzymes, annato), gouda (milk, culture, salt, enzymes)  
**Sweet Pepper Relish:** Red bell pepper, yellow bell pepper, onion, white vinegar, apple cider vinegar, sugar, salt, mustard seed, paprika

*Contains: Milk, wheat*

③ FARM-TO-FREEZER

# kung pao tofu with brown rice

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm